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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

Vol. 3 No. 2

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MEAT EXTENDERS AND ALTERNATES (Continued)

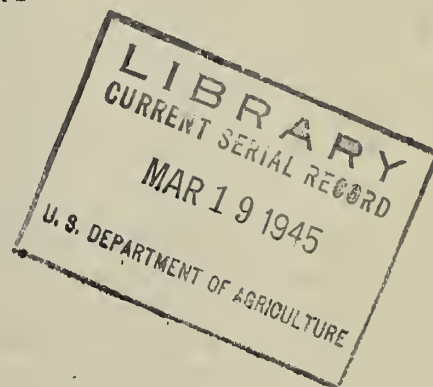
Within the last fourteen months meat extender and alternate recipes have been included frequently in these bulletins. Additional ones will appear in this and future bulletins.

Listed below are the recipes from past bulletins. If you wish a copy of any of them they will be sent you on request from this office:

Braised Ox Joints
Turkish Stew
Cottage Cheese Croquettes
Noodles and Vegetables
Rice Omelet
Cheese Rice
Baked Soy Beans

Meat and Soy Grit Loaf
Stuffed Green Pepper with Soy Grits
Spaghetti Casserole (ground beef)
Nut Egg Croquettes
Soy Grit and Meat Hamburgers
Ham and Macaroni Croquettes
Spanish Rice and Baked Eggs

Ham and Egg Croquettes
Eggs and Pork Sausage
Hangtown Fries
Scalloped Lamb and Macaroni
Creole Macaroni with Meat
Baked Spaghetti with Pork
Scalloped Noodles, Eggs and Cheese
Rice Croquettes



(over)

BRAISED CELERY WITH LIMA BEANS

Ingredients	S e r v i n g s f o r		
	25	50	100
Celery	2-1/2 Qts.	5 Qts.	2-1/2 gals.
Butter or substitute	4-1/2 oz.	9 oz.	1 lb.
Cooked Limas	1-1/2 qts.	3 qts.	1-1/2 gals.
Water or Bean Stock	1-1/2 qts.	3 qts.	1-1/2 gals.
Salt	3/4 oz.	1-1/2 oz.	3 oz.
Pepper	3/4 tsp.	1-1/2 tsp.	1 tbsp.

Melt shortening in heavy saucepan; cut celery in uniform pieces about 1/2 inch long and add to the shortening. Cover and simmer slowly 30 minutes or until celery is tender. Add the lima beans, water or beanstock, and seasoning and heat until blended.

BEEFSTEAK PIE - FAMILY STYLE

Ingredients	S e r v i n g s f o r		
	25	50	100
Butt of Beef (cut in sqs. (24 pcs.pr.lb.)	5 lbs.	10 lbs.	20 lbs.
Potatoes (cut in 1/4" slices) (24 pcs. per.lb.)	3 lbs.	6 lbs.	12 lbs.
Carrots (cut in 48 pcs.pr.lb.)	1 lb.	2 lbs.	4 lbs.
Onions	2 lbs.	4 lbs.	8 lbs.
Canned Tomatoes	2 qts.	4 qts.	2 gals.
Salt	2 oz.	3-1/2 oz.	7 oz.
Pepper	1 tsp.	2 tsp.	1 tbsp.
Stock	1/2 gal.	1 gal.	2 gals.
Water	1/2 gal.	1 gal.	2 gals.
Flour	6 oz.	12 oz.	1 lb. - 8 oz.

Place meat and 1/3 of the onions chopped fine in stewpot with water and stock. Allow to simmer 3 hours or longer. Meantime cook carrots and balance of onions (quartered) separately and par boil potatoes. When done, drain off water from each, add to the meat, with the tomatoes and seasoning. Allow to cook together for a few minutes until thoroughly blended. Meantime, make pastry as per standard recipe except that it should be rolled to one-eighth inch thickness instead of 1/16th. Stick strips 1 inch wide of pastry on upper inside edges of pans. Moisten edges with water after pans are filled with meat mixture, cover with pastry. It will require about one pound, twelve ounces of pastry for strips and cover of each 25 services.